

C.O.P. to COP and the membership at large

The Online Newsletter of the Nassau County Police Department

Volume 9

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Contact: newsletter@pdcn.org



Thomas R. Suozzi, County Executive
Lawrence W. Mulvey, Police Commissioner



Members of all ranks gather on June 17 at Headquarters to honor Chief of Department Anthony Rocco on his last day's departure.

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COMMISSIONER'S MESSAGE



Lawrence W. Mulvey

As I begin my third year as your Police Commissioner, I want to thank the men and women both sworn and civilian for their outstanding dedication and service to the Department and the citizens of Nassau County.

As I prepare this column, the Vehicular Assault trial of Rahiem Griffin is underway and, as many of you know, Police Officer Ken Baribault once again demonstrated his courageousness by testifying in that trial. Ken's ability to muster up the strength to face the onslaught of the media, face the man who nearly took his life and face a jury of 12 was possible only because of the love, care and support of his family as well as for the overwhelming support he has received from the NCPD, particularly the men and women of the Second Precinct. Ken has been a tremendous inspiration to me but equally inspiring has been the tremendous show of support by his brother and sister officers. It makes me proud to lead such a great organization.

In closing, I would like to wish the many retirees of the Nassau County Police Department a long, happy and healthy retirement. Thank you for your hard work and dedication to the job. You have helped make this Department the best in the nation. Best wishes to you and your families.



Baribault Family Attends U.S. Open: Family members of Nassau County Police Officer Kenneth Baribault recently attended the 2009 U.S. Open at Bethpage Black where they were guests of Nassau County Police Commissioner Lawrence W. Mulvey. (l-r) Officer Baribault's father, Ken; son, Christopher; and sister, Jennifer.

COP TO COP NOTES

The summer issue is here. We can hardly believe that it marks Volume 9 and Issue 6! That is due to the unflagging support of Commissioner Mulvey and Det. Lt. Kevin Smith, the talent and dedication of our columnists, photographers, proofers and web team. It is also the result of the interest that you, our friends and members both retired and active, have taken in the publication by sending us suggestions, articles and photos – since December of 2001.

If you wish to participate in the September issue, please note that the deadline is Tuesday, August 4th. Email newsletter@pdcn.org. And, please remember that we are now posted on the Internet and do not publish private contact information.

The editorial staff wish you and your loved ones a healthy, safe and happy summer!
Sincerely,

Ann Schockett, Editor-In-Chief

Tom Romeo, Editor of Layout and Graphics

Insp. Peter Matuza, Force Information Editor

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COUNTY EXECUTIVE'S REPORT

by Thomas R. Suozzi, Nassau County Executive

Timely issues discussed by your Nassau County Executive.



As we enter the summer months, I would like to remind you that we are also entering what is known as the "100 Deadliest Days on Roadways." These tragic deaths are primarily due to automobile accidents, with a sizeable portion caused by drunk driving. I would like to ask that you all remain vigilant this summer in stopping and deterring drunk driving and aggressive driving and cracking down on those not wearing safety restraint belts, running through red lights and speeding.

The summer is one of the most enjoyable times here on Long Island and it is imperative that it is safe for everyone to enjoy.

Most families spend the summer months outdoors enjoying our many parks, beaches, pools and shopping areas, and it just takes the reckless acts of one person to endanger the lives of countless others.

You are all a big part of why Nassau County is so popular. Nassau is known for its many attractions but it is also known for being the safest county of one million or more people in the nation. Families feel safe here and, for that, I say, "Thank you and great job." With the tough economic times that we have been facing, we anticipate more families vacationing here at home, and I urge you to keep up the good work in continuing to protect and serve the residents of this great county.

Best wishes to all of you and your families for a happy and healthy summer.

Thomas R. Suozzi

MEMBER EVENTS

Send personal and professional stories and photos to newsletter@pdcn.org or call Ann Schockett, Editor-in-Chief, at Ext. 7011.

"MILITARY SEND-OFF"

by Det. Sgt. William M. Leahy, Homeland Security Counter Terrorism Bureau, Security / Police Information Network



On May 21, 2009 members of the Nassau County Police Department gathered to wish Police Officer Stephen Ryan (at podium) from the Homeland Security and Counter Terrorism Bureau a safe deployment. Insp. Chris Cleary and members of the pipe band played the US Army anthem and a selection of other tunes. Steve is now known as Major Ryan of the 82nd Airborne Division and will be spending the next year in Afghanistan. Good luck, Steven, and stay safe.

More 'MEMBER EVENTS' ➡

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MEMBER EVENTS *continued* ←

"NYS POLICE OFFICER MEMORIAL"



The annual NYS Police Officers Memorial took place, this year, on May 19th at the Empire State Plaza in Albany. It honored the over 1,000 police officers killed in the line of duty in the state of New York. Their names are engraved on the Police Memorial Wall. Pictured is Father D'Angelo (center) at the wall, where he offered the benediction prayer in the company of Gov. Patterson and in front of a crowd of hundreds who came from all over the state. Our NCPD Color Guard (seen in photo) and Ceremonial Unit were present and marched in the parade that culminated at the plaza.

"A HAPPY TAIL"

by Sgt. Vincent E. Polera, Fifth Precinct

Location: Store parking lot on Dutch Broadway and Tuxedo Drive, Elmont. Date and time: Wednesday, June 10th at 0821.



Fifth Precinct mechanics working at scene.

This author came upon a motorist complaining of kitten/cat like sounds coming from under the hood of her rental car, a 2009 Infiniti G37. She had started noticing the sounds while driving to the store parking lot. I opened the hood and heard the sounds. Then, I summoned the two Fifth Precinct mechanics, Jeff Werner and Tom Kennedy, who arrived at the scene in minutes to assess the situation. Fifth Precinct Officers James Nellis and Thomas

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MEMBER EVENTS *continued* ↩

"A HAPPY TAIL" *continued* ↩

Sullivan also responded to assist.

Jeff and Tom crafted a way to prod the kitten out of the engine compartment by loosening up undercarriage engine shrouds, removing the driver's front wheel and loosening other front end parts that were keeping the kitten from getting out. The kitten appeared frightened and did not move. PO Sullivan had received some milk in a stainless pan given by the Dunkin Donuts store in that location and tried to lure the kitten out, but to no avail. We then noticed some metal screens and wires left on the sidewalk of Dutch Broadway and



were able to gently prod the kitten out and prevent it from running onto the street.

Mechanics Kennedy and Werner figured out how to give the kitten a safe exit but it escaped so quickly out of harm's way that no one could catch it.

During the incident, PO Sullivan noticed that there was a nail in the front tire of the rental. The driver explained that she and her husband had planned to travel out of state with the vehicle. She was very grateful that not only had PO Sullivan pointed out the damaged tire but also that our Fifth Precinct mechanics and officers had solved the problem of the trapped kitten and saved its life since it surely would have been injured or killed if no one had intervened.

The story does not end there. We are happy to report that the kitten was later found clinging to the rear differential of the mechanics' vehicle. It is doing well and will be delivered to the Town of Hempstead Animal Control.

"100 HOLE CHALLENGE SEPT. 21, 2009"

by Det. Tom Salvato, CSSS

Well, it's that time of the year again. For the fifth consecutive year, I am playing 100 holes of golf in one day to benefit the Arthritis Foundation LI Chapter. Last year, with your help, we raised over 1,500 dollars! I'd like to surpass that mark. If I have already received your donation then thank you; if not, please consider helping out.

We all know someone or could eventually be that someone with this crippling disease. To donate to this worthy cause, please call me at Ext. 8015. For more information on the event, visit <http://100holechallenge2009.kintera.org/tsalvato>.

"COLUMNIST ADDS TO LIFE STORY"

Jennifer Corrado, ATA1 in Legal Bureau, and the columnist of Legal Briefs, married Michael Walsh on Saturday, May 9th. We wish the happy couple a beautiful future!



Jen and Mike. Photo by Fine Art Photography and Video, Inc., fineartphotogs@aol.com. ♥

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SPOTLIGHT

by Insp. Peter Matuza, Executive Officer, DD

Highlights about our Department. Share your story. Email pmatuza@pdcn.org.

I was honored to ask PO Terry Fucigna of EAO, to share her most recent experience working with "C.O.P.S. (Concerns of Police Survivors)" during National Police Week.

"WORKING WITH SURVIVORS OF FALLEN OFFICERS"

by PO Terry Fucigna, LCSW, EAO; Support Services Team Member of C.O.P.S.

On May 13, I was fortunate enough to travel to Washington, DC during National Police Week and work with an organization known as Concerns of Police Survivors or C.O.P.S., as it is commonly known. C.O.P.S. was founded in 1984 for the surviving families of law enforcement officers who were killed in the line of duty. It now serves more than 15,000 families nationwide. This organization provides ongoing survivor support, grief counseling for children, scholarships and financial support, trial and parole support and law enforcement training seminars.

Every May, National C.O.P.S. sponsors the National Police Survivors Conference during National Police Week. This was the sixth year I was able to work as part of the C.O.P.S. Support Services Team. Consisting of mental health professionals as well as trained volunteers, Support Services provides two days of seminars for every category of survivor: parent, spouse, fiancé/ significant other, sibling, adult child, co-worker, etc. as well as one-on-one counseling sessions and on-site support at the National Law Enforcement Officers Memorial site.

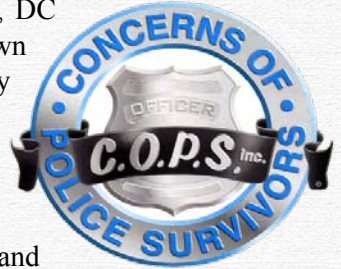


Upon arrival on Wednesday, eighty-five Support Services Team members gathered for registration and orientation at the host hotel in Alexandria, Virginia. This allows Support Services Coordinators to provide team members with any pertinent information, assign various duties and review the upcoming week's activities. Thursday was the first of two conference days. I was assigned to work with co-workers impacted by the accidental death of an officer and surviving mothers of accidental deaths. Many of the participants are newly bereaved or "first year survivors" while other group members are returning survivors from previous years. These returning survivors often offer hope and healing to those suffering more recent losses. On Friday, May 15, the National Peace Officer's Memorial Service was held on the West Lawn of the U.S Capitol. This tends to be a very emotionally powerful event for surviving family members, and Support Services personnel accompany families throughout this service. Saturday was the concluding day of conferences. These groups tend to be more informational rather than interactive, allowing for a less intense group experience. The final event for survivors is a picnic where participants have a chance to let go of some of the grief issues that they have been challenged with in the past few days and to strengthen their connections with other survivors. On Sunday, a professional debriefing/operational critique was conducted for C.O.P.S. Support Services personnel. All Support Services personnel must attend the debriefing. This is a confidential environment designed to address how we experienced the events of the week. It also gives us a good understanding of where we fit in during this week and what we can improve on for the next National Police Survivors Conference.

Executive Director and co-founder of C.O.P.S., Suzie Sawyer, stated that, "Police officers and their families never think they will be called upon to make and accept the supreme sacrifice. So, when an officer dies in the line of duty, the family left behind has to cope with denial and traumatic grief that turns their world upside down. The distress can be crippling. C.O.P.S. connects bereaved families with others who understand the pain and sponsors programs that provide the bricks and mortar needed to repair shattered lives. C.O.P.S. is about healing, love and life renewed."

I consider it an honor and privilege to work so closely with these families and co-workers and while we never want our Department to be in need of the services of the C.O.P.S. organization, it is comforting to know such an agency exists for those left behind when a line of duty death occurs.

For more information about Concerns of Police Survivors, visit www.nationalcops.org or contact the National Office at 573-346-4911.



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IN MEMORIAM



"POLICE OFFICER BRIAN E. MUSSELWHITE"

Date of Appointment: July 18, 1986 Date of Death: June 6, 2009

by DI Christopher Healy, DCO, Third Precinct

PO Brian Musselwhite was appointed to the Police Academy on July 18, 1986. Upon graduating, he was assigned to the Third Precinct. For the next 23 years, he was a dedicated member of the "flagship", dutifully serving the residents of Nassau County. He was assigned to RMP 318 and, for many (Chart 5) years, performed round-the-clock patrols in New Hyde Park. For the last 12 years, he was assigned to the Substation Detail. He not only was the senior member of the detail but also was one of the original members. As such, he was instrumental in the planning, execution and continued success of the unit.

Brian was a role model and mentor to the younger cops in the Command. He had vast institutional knowledge and was always willing to share it. He was a regular at precinct functions (particularly the golf outings!) and understood the importance of camaraderie. Brian was a longstanding member of the Port Washington Fire Department. He was a loving father and husband. He will be missed by each and every one of us.



"AMT MICHAEL ROMANO"

Date of Appointment: July 19, 1985 Date of Death: June 13, 2009

Thoughts from his colleagues compiled by John Baerlein, EMT-CC

AMT RICHARD HUSCH: Mike was my Field Training Officer on my first tour of field training. What an initiation! I was very nervous and my head was spinning from all of the training I had endured over the last few weeks. Mike had a special way of putting you at ease while "showing the ropes". We instantly hit it off and became fast friends, as well. In later years, I was assigned to an incident on the Fourth of July. It turned out that Mike was my patient. I will always remember him standing there bellowing "what took you so long to get here!" The greatest lesson that Mike gave me was to live every day to its greatest potential. But most of all, have fun doing it. Godspeed, Mike, you are missed.

AMT GAIL CONDIA: Today, with a very heavy heart, I had to say goodbye to my old and dear friend and partner, Mikey. Mike Romano and I came onto the job together almost 25 years ago. We became friends and shared our families. We were partners for many years. We could joke, bicker, argue or be best friends, but we were always there for each other no matter what. Jokingly, we were called Fred and Ethel. I guess it's always hard to say goodbye... So instead I'll say "Fred, sleep well and rest. Keep the light burning till we meet again. I'll bring the coffee with milk. Love, Ethel."

AMT CARLOS FLECHA: When we worked together, we were known as twins, for obvious reasons. I used to tell Mike that we both looked to be in our 15th trimester. For me, I will always remember the support and love that Mike shared with me at the worst times. I never would have made it through had it not been for Mike. Mike was it. He will be missed.

AMT WILLIAM YOUNGSON: Every morning, no matter if he was working 55 and I was

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IN MEMORIAM *continued* ←

"AMT MICHAEL ROMANO" *continued* ←

on 65, or he was working med control or on the third floor in Time and Leave, I could count on the same comment from Mike. I would usually eat a banana or something similar, and he would have his eggs, pancakes, and hash browns. He would pull his glasses down to the end of his nose, and without missing a beat, say "You skinny little @*&%*" He would always have to make a comment about my waist. He had a magical way with words! If he wasn't breaking your "chops", he didn't like you. You will be missed, little buddy.

PO BILLEVANS OF ESU remembers the days of the Fifth Precinct "crack" wars led by then Lt. Mulvey (now Commissioner Mulvey). The ambulance was like a MASH Unit. Mike Romano was Hawkeye, Brian Ferrucci Sr. was Honeycut and Beth Heffernan was Hot Lips Houlihan (We don't want to say who Lt. Frank Burns was!). During this time in the Fifth, officers were getting hurt but this crew would watch out for their soldiers no matter what was going on. The PO's all knew that any one of them would be there if an ambulance was needed, whether on duty or off. Mike was always in charge. He was able to take any situation, no matter how screwed up it seemed to anyone else, and he was able to straighten it out. Their wounded were drug dealers and overdosed kids. When Mike showed up, he was there to make them better. To fix them up. To the PO's, he was our Hawkeye. Always in charge, and always looking out for us. Mike will be missed by me, by the Fifth Precinct and by Nassau County. We all have lost a great soldier.

I wish I could have said that Mike and I were good friends but we weren't. We were co-workers, acquaintances. I would see him in the hallway while returning from the cafeteria as he was going to the cafeteria. We would exchange the usual pleasantries of "nothing but crap in the cafeteria today!" And keep on walking by. When I ran into Mike on the third floor, I would always stop in to say hello and to see how he was doing. The things I liked most about Mike was that no matter what you asked him, you knew you were getting the absolute cut-throat truth about it. He didn't mince his words. If he thought it, he said it. I will never forget the white tee shirt that he wore or the glasses down at the tip of his nose as he looked up at you to say hello. He had a true "wise-guy" smile and laugh to him. I would not be able to say a bad word about Mike if I tried to come up one, and from listening to his friends, I know why. He spent his time here in the NCPD doing a job. He watched over the PO's in his county, and made sure to the best of his ability that they would all make it home at the end of their tour. He watched out for his fellow AMT's, making sure they were trained to work the "street" and not just in a classroom. I was Mike's friend and so was everyone else in the county. No one but a friend would do the things he did day after day, night after night, and year after year. No one but a friend would treat EVERYONE the way Mike treated you. Rest in peace, friend. Watch over us all, like you always have!



"HOSTLER LAWRENCE J. SOKOLOWSKI"

Date of Appointment: July 19, 1985 Date of Death: June 13, 2009

by Clerk 1 Maureen Burczyk, Mounted Unit

The Highway Patrol Bureau/Mounted Unit was recently saddened by the death of Hostler Lawrence J. Sokolowski. "Larry", as he was known by his friends, had cared for the horses at the Mounted Unit for twenty-four years. He lived most of his life on Long Island and had substantial experience in the horse world. He is survived by his loving children Amanda and Steven, and by two grandchildren.

Larry had a generous nature and a great sense of humor. He particularly enjoyed celebrating Halloween with any kind of tricky gadgets to surprise his coworkers and make us laugh. At the Mounted Unit family Christmas party, Larry took on the role of Santa Claus with such enthusiasm that even the dubious older children were left wondering if he was the real thing. Larry was a hard worker, who was tremendously proud to be part of the Mounted Unit. He will be sorely missed by all of his friends here, both the people and the horses.

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Thomas R. Suozzi, County Executive
Lawrence W. Mulvey, Police Commissioner

TRAINING AND TIMELY TOPICS

by PO Michelle Garry, Police Academy

News and views from our Police Academy.

"BASIC COURSE IN POLICE SUPERVISION"

By the time you read this article, twenty-four members of the Department will have completed the Basic Course in Police Supervision...affectionately referred to as "Sergeants School" at the Academy.

Sergeant Richard Keddy heads up the Academic Department here at the Academy and is responsible for more than his fair share of classroom instruction. In fact, it's a miracle that he has a voice at the end of the day. His voice projects and resonates through double closed doors! (If you are reading this and you have sat through one of Sergeant Keddy's lectures you know what I am talking about!) His passion and enthusiasm is not only productive...it's downright entertaining at times.

The current group of "soon-to be- promoted" supervisors are split almost evenly from the Patrol Division and the Detective Division.

Out Of The Classroom and Into The Gymnasium...



Defensive Tactics Instructor Jerry Winter demonstrates the proper use of the Monadnock Expandable baton to Third Precinct Police Officers Russell Sacks and Tony Gabrielli during Sergeant's School's "Basic Course In Police Supervision".

In addition to the classroom training that goes on, this group of "supervisors in training" has had a 2-day training block in the use of the Monadnock Baton. The Monadnock Expandable Baton is made of alloy steel and is 22 inches in length and carries a weight of 22 ounces. The Monadnock baton provides the officer with a defensive weapon that enables him/her to maintain distance while providing a means of protection against a kick, punch, or blow from a blunt instrument or edged weapon.

In the "Use of Force Continuum", the expandable baton is considered the next level of force below the use of the officer's firearm. Defensive Tactics Instructors at the academy not only provide students with the practical training, but also deliver the classroom training as well. Congratulations to all of the members of our Department who will hopefully be wearing Sergeant Stripes by the time this article goes live on the Internet!

**You can participate in
"C.O.P. to COP...
and the membership at large!"
Call Ann Schockett, Editor, at Ext. 7011
or email your ideas and
suggestions to newsletter@pdcn.org**

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CRASH COURSE

by Det. Michael Bazylewicz, Det. Gary Ferrucci, Det. John Lapine and Det. David Nystrom
VCARS, Homicide Squad
It's not always just a traffic accident. Tips from VCARS.

"HEY, DON'T DO THAT!"

Sometimes, you'll hear the VCARS Investigator shout those four words loud and clear at the scene of a crash. Recently, at a crash where a young man was killed turning into his driveway, the investigator did just that, and here's why.

The car being driven by deceased had come to rest in the roadway and after the initial and scene examinations and investigations were complete, a member was asked to secure the car and await the impound. The new officer realized the hulk of this crash was jutting into the travel portion of the roadway. Not wanting to inconvenience the public anymore and after the roadway had been closed for more than three hours, he thought it might be a good idea to have the car pushed towards the curb, after all it was just junk now. He shared his thoughts with a local gas station owner who thought he was right on track. Suddenly, the gas station owner acting as a "good samaritan" jumped the curb in his oversized SUV and began to line up to the rear of the car to push it to the side of the road. The investigator scrambled to the SUV and bellowed, "**Hey, don't do that.**" And, of course, the next question was, "How come?"

Well, here's why! Sometimes things in a car crash can be missed initially. The investigator wants the opportunity to look at the wreck many times after the incident. In VCARS, we make it a specific habit to inspect and re-inspect the car multiple times. In a criminal case, it goes without saying that the car or cars can be inspected twenty or thirty times before a Grand Jury presentation or trial. One thing that is re-inspected and done so very delicately is the light bulbs. They can hold a wealth of information and sometimes even be the catalyst to determine why a crash occurred. "Heat Shock and Cold Shot" are two different phenomena in a crash caused by very different dynamics and used by the investigator to answer an important question - **DID HE HAVE HIS LIGHTS ON?**

So, here's why you, too, might hear those words. Often during a collision, the driver will forget to turn on his lights before driving off. He travels down the street and hits a pedestrian naturally causing extensive injuries. We want to know why this crash happened. Well, looking at the car at the scene may not afford VCARS the opportunity to have the ability to illuminate the lights; possibly the battery was destroyed or the car caught fire. We want to remove the light fixtures and bulbs and examine them in a controlled environment. The bulbs can tell us if the lights were on at the time of the crash. If they were, and the impact was significant, we will see the filaments stretched or distorted. Why? Simple. The filament becomes "pliable" as it is heated by the illumination. If the lights were not illuminated, the filaments would not receive heat so the tungsten filament would be brittle and break away due to the crash. Remember the bulb will stop with the car but the filament will continue on.

Sometimes, this very small investigational effort can prove to have a gigantic effect on the case. So if you hear those four words, ask the VCARS Investigator, "Why?" He'll tell you why and explain the reason!



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Noteworthy events affecting or highlighting our department and members. Email newsletter@pdcn.org or contact the editor, Ann Schockett, PIO, with suggestions.

"PO EDWARD HARTMANN RECEIVES ROOSEVELT POLICE AWARD"

by Office of Commissioner of Police

Each year, the Theodore Roosevelt Association honors a sworn member of our Department who has overcome a major physical challenge, disability or serious illness and continues to work. All members are encouraged to make their Commanding Officers (CO) aware of a potential nominee and then the COs submit nominations to the Office of Commissioner of Police.

This year, PO Edward Hartmann of the Sixth Precinct was selected to receive the prestigious Theodore Roosevelt Association Police Award. On the morning of June 15, 2009, First Deputy Commissioner Robert McGuigan, members of the NCPD, and family and friends of PO Hartmann attended the ceremony held at the Sagamore Hill National Historic Site.

In late 2007, Donna Price, wife of NCPD Homeland Security and Counter Terrorism Bureau Police Officer Robert Price and mother of NCPD Third Precinct Police Officer Thomas Price, was diagnosed with Stage 4 renal failure due to the long-term complications of Stage 1 insulin-dependent diabetes and other serious illnesses. Her 36-year fight against the complications of diabetes had accelerated to complete kidney failure which then required her to begin a strict regimen of kidney dialysis three days a week in January 2008. Mrs. Price was placed onto the national kidney transplant list where she learned that the prognosis for a compatible donor match in the NYC metropolitan area would take approximately seven years. This long wait would have most likely led to Mrs. Price succumbing to the disease long before a donor kidney was available.

Mrs. Price's son, NCPD Police Officer Thomas Price was distressed due to his mother's deteriorating condition and contacted the Nassau County PBA, bringing attention to her plight. In response the PBA donated space in their newsletter for an appeal letter asking for someone to consider direct kidney donation. In response, almost a dozen inquiries were received from both active and retired NCPD members, all of whom were strangers to the Price family. One of the first officers to contact the Price family regarding his willingness to look into kidney donation was Sixth Precinct Police Officer Edward Hartmann.

Officer Hartmann had spoken with his family about this and they all had many questions and concerns related to the risks and complications of kidney transplant surgery. Additionally, Officer Hartmann had many concerns regarding his future as a Nassau County Police Officer and being able to resume his full-duty status as a police officer in a patrol car after recuperation.

In order to obtain the best kidney donor match possible, potential donors had to submit to kidney typing and matching at the transplant center. On his own time and at his own expense, Officer Hartmann started traveling to and from Mount Sinai Medical Center in Manhattan on a regular basis to begin an arduous round of medical screening, which included examination, laboratory testing and consultations. The kidney typing and matching process identified Officer Hartmann as the best donor candidate to be tested. This selection led Officer Hartmann to have to continue with an even more extensive pre-surgical evaluation process over a several month period. It was during this time that Officer Hartmann learned from the police surgeon that if he pursued the procedure to donate his kidney he would be placed on restrictive assignment for the remainder of his police career and would not be able to resume full duty status in a patrol car. To Officer Hartmann, this would not be acceptable but it did not change his commitment to helping save Mrs. Price.

On June 19th, 2008, Officer Hartman placed his life at substantial risk by undergoing kidney transplant surgery with Mrs. Price. Officer Hartmann's operation lasted six hours while Mrs. Price's took eight hours. Officer Hartmann's wife and the family of Mrs. Price spent 12 apprehensive and fearful hours in the waiting area of Mount Sinai Medical Center awaiting the end of the operations. The surgery was a complete success. The surgeon who operated on Mrs. Price said that Officer Hartmann's kidney was such a perfect match that it began to operate within Mrs. Price immediately while surgery was still going on. Mrs. Price's last kidney dialysis treatment was the day before the surgery and no need for it has existed since thanks to Officer Hartmann.

Officer Hartmann's recuperation from the surgery took approximately four months and



(l-r) First Dep. Commissioner Robert McGuigan and PO Edward Hartmann, Sixth Precinct at ceremony at Sagamore Hill.

More 'TRIBUTES' →

C.O.P. to COP and the membership at large

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Lawrence W. Mulvey, Police Commissioner

TRIBUTES *continued* ←

he will require post-surgical evaluation for approximately one year. Though he will live the remainder of his life with only one kidney and the knowledge of the potential risks and danger of having only one kidney, Officer Hartmann never wavered in his commitment to return to full-duty status. He could have taken the easy way out and accepted a restricted duty assignment but his desire to return to full duty was his goal and ambition. Through the intervention and commitment of Commissioner Mulvey, Officer Hartmann was granted his full-duty status and he returned to patrol duties in October 2008.

Officer Hartmann epitomizes all that a police officer represents: honor, respect, selflessness, commitment and heroism. He is a true credit to the Department and a living example of Theodore Roosevelt's model of putting personal difficulties and risk aside in the interest of vigorous public service.



PO Edward Hartmann (center) celebrates his award with (l-r) PO Thomas Price, Third Pct; PO Robert Price, COD; Donna Price; Kathryn Hartmann; Thomas Hartmann, Ed's father; and First Deputy Commissioner Robert McGuigan.

Around the Department



Det. Sgt. William Leahy, DCO of Homeland Security and Counter Terrorism Bureau, moderates recent Multi-Incident Tabletop Exercise held in conjunction with Nassau Community College.

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FAST FACTS ON...

Send suggestions to the editor, Ann Schockett, PIO, or send an email to newsletter@pdcn.org.

"COURT LIAISON OFFICE"

by Insp. James Bonislowski, CO, Court Liaison Office

- The Court Liaison Office is responsible for supervising, guiding, and instructing members while appearing at court; for coordinating the preparation, examination, and presentation to the court of all documents and instruments that the Police Department is responsible for submitting; and for coordinating the activities of the Police Department and the Criminal Court System.
- The Court Liaison Office consists of twenty sworn members and one civilian staffing five locations.
 1. First District Court Arraignment - 99 Main St., Hempstead)
 2. First District Court District Attorney's Office
 3. Traffic and Parking Violations Agency (TPVA) - 16 Cooper Street, Hempstead
 4. Grand Jury - 262 Old Country Rd., Mineola
 5. Felony Screening - Part 9, 252 Old Country Rd., Mineola
- The Arraignment Section operates seven days a week. It receives and processes all arrest paperwork, detention arrests and appearance tickets, and reviews same to determine if they are complete and accurate. The paperwork is divided with necessary files and charges being submitted to the Clerk of the Court and Office of the District Attorney. Members also present defendants before the court for arraignment and maintain and safeguard property. They also act as liaison between the Police Department, court, District Attorney's Office, judges, Legal Aid Society, private attorneys, Sheriff's Department, state, local and federal law enforcement agencies and the public. In 2008, this office processed over 15,000 detention arrests and over 14,500 appearance tickets.
- The liaison to the District Court Liaison Office is responsible for teletypes (fax) for officers to appear in court for trials or hearings, channeling orders of protection as required. They also assist in acquiring additional paperwork, Scientific Investigation Bureau (SIB) reports or police witnesses as needed to help insure a successful prosecution.
- The officer at TPVA coordinates all traffic tickets (movers and parkers) submitted to the Agency, assists in scheduling hearings and arranges for police witnesses to appear as required.
- The grand jury Section assists the District Attorney's office in scheduling police appearances before the grand jury and the processes of both county and supreme courts. This office transmits teletypes (faxes) for appearance of police witnesses and obtains SIB and other reports as necessary for successful prosecution of cases. The office is also responsible for obtaining police witnesses as necessary for hearings, trials or continuing court actions.
- The Felony Screening Section assists in channeling Detective Division case evaluations applications including warrants, letters to produce, court summons, case evaluations, warrant recalls and telephone record subpoenas. They also review all paperwork for accuracy and obtain NYSIS, IDB numbers and depositions as required.
- All Sections of the Court Liaison Office are responsible for properly preparing, transmitting, filing, using and preserving official records, reports, forms and correspondence, originating in or forwarded to this Command to help insure successful criminal prosecutions.



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LEGAL BRIEFS


by ATA Jennifer Corrado, Legal Bureau

An informal examination of legal issues and trends relevant to law enforcement.

"SCHOOL SEARCHES"

With the school year winding down, there's one issue heating up! Currently pending in the United States Supreme Court is a case of a thirteen year old girl from Arizona who was strip searched by school officials on the accusation that she had prescription drugs in her underwear. The issue in this case is whether or not there was a violation of the Fourth Amendment, which prohibits unreasonable searches and seizures. It may surprise many parents to know that school officials have more flexibility in these situations. It is the duty of the school staff to educate children as well as protect them. It is argued the school officials need to be able to make decisions to carry out this duty.

Oftentimes, school officials request police assistance while a search is conducted, this is where a dividing line presents itself between school officials and police powers. Courts have applied the Fourth Amendment to school officials in a less restrictive manner. School officials need reasonable suspicion to conduct the search, where as an officer needs probable cause. While an officer can be present during the search, he or she may not initiate or conduct the search based on the school administrator's reasonable suspicion and the school's administrative objectives. For the best interests of everyone involved as well as the safety of the students and the public, it is important for school and police to work within their own capacity as well as to cooperate with each other when necessary.

By the time the new school year approaches, there will be a decision in the case of the Arizona student and this article will be either affirmed or overruled! If you have any further questions about this issue, please contact the Legal Bureau at Ext. 7210. 



ROOKIE 10-81

by PO Shevy Berkovits, Fourth Precinct

A fresh way of seeing our Department.

"CAMARADERIE"


"Camaraderie is dead", "I'm not part of a team" or "There's no solidarity" are all thoughts some mutter under our breaths especially with the recent threat of layoffs looming overhead.

With the exception of the origin forgetting relic minority, veterans across the county overwhelmingly patted the shoulders of many recent academy graduates in support. Many empathized recalling a similar scare in 2000 when 207 brethren were slated for termination.

The selflessness broadens during untimely passing of members and their families. Bickering and differences aside, the priority is respect and sympathy for the grieving. It's awe-inspiring to witness the outpouring of attendees; for the loss of a staple in Roosevelt to a CO in Community Affairs to the pastured members of yesteryear. But, the most astounding experience was the awfully premature wake of a daughter. It happened when I was even newer than I am now. In the three hours there, I met more members of the force than I ever could have working my squad.

That's the team spirit of which I'm happy to be part. The late Kurt Cobain said it best, "and for this gift, I feel blessed our little group has always been."

The Department encourages camaraderie through Fraternal Organizations that congregate regularly, see Department Notification 09-052. Some notable upcoming events that have recently taken place include Police Family Day on May 16th at Headquarters and The Nassau County Law Enforcement Fraternal Organization Picnic on June 28th at Marjorie Post in Massapequa.

Keep it safe and keep it a team. 

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COMMUNITY AFFAIRS – IN OUR COMMUNITIES

by Det. Cpt. Lorna Atmore, CO, Community Affairs

GREAT, Exploring... Updates on the multi-faceted programs of Community Affairs.

“EXPLORER RECOGNITION NIGHT”

by Explorer Marissa Boyle, First Precinct (Post 1000)

The Explorers of Nassau County are honored annually in a night of recognition for their excellence in the program. This year's Explorer Recognition Ceremony took place at the New York Institute of Technology, NYCOM Building, in Old Westbury on Tuesday, June 2, 2009.

This past year, the Explorer program in Nassau has reached its all time high with a variety of wins and recognitions. Awards ranged from Participation Certificates, Perfect Attendance, Hundred hours of Community Service, Citizenship Award, Tenure, attending the National Conference, Career Achievement, Law Enforcement Training, Explorer of the Year and more.

The top reason that Nassau County Explorers excelled this year would be their success in the National Law Enforcement Competition. Post 1000 and Post 6000 attended this conference and ended up taking first place in two separate competitions against over 400 other teams from all over America. In Commissioner Mulvey's speech, he proudly announced that, "Nassau County was the only county in the United States with two first place wins."

Another example of the program's overall success would be Leslie Quintanilla. Leslie, an Explorer Chief in Post 1000, was recognized as the first Nassau County Police Explorer to be accepted into the National Law Enforcement Exploring Leadership Academy. She was accepted by invitation – only 117 out of 15,000 Explorers are chosen - to attend the 2009 US Army Military Police Leadership Academy. Leslie was also chosen to receive our first \$2,500 Explorer Scholarship Award presented at the ceremony. Leslie was joined by six other Explorers who received \$1,000 scholarships, all of which were funded by the Nassau County Law Enforcement Exploring Board.

The Explorers would like to thank Commissioner Mulvey, Kevin O'Shea from the Theodore Roosevelt Council representing Learning for Life and important leaders of all eight precincts across Long Island for being in attendance. In addition, the Explorers and the Nassau County Police Department thank the Nassau County Law Enforcement Exploring Board of Directors for their dedication and commitment to the Explorers. In conclusion, the night was a special one for all involved.

“CRADLE OF AVIATION TRIP”

by Explorer Marissa Boyle, First Precinct (Post 1000)



Almost all of the Explorer Posts across Nassau County went on a fun-filled trip to the Cradle of Aviation at the end of May. Explorers were treated to a tour given by the distinguished guide, Bill Quinn. Not only were the Explorers able to learn many facts about the start of aviation but also they got to interact with Mr. Quinn and each other to get the best out of the experience. The Explorers then got a "behind the scenes" tour of places that people normally do not get to see such as the physics classroom that Westbury High School uses daily.

After this great tour, the Explorers got to experience an IMAX movie, "Night at the Museum 2". It was a wonderful and rewarding experience for all. Regarding the trip, Ruthann Eagen of Post 1000 commented, "I thought it was very fun yet educational at the same time. The IMAX movie was awesome, too!" The Explorers thank The Cradle of Aviation Museum, especially Bill Quinn, as well as the Explorer advisors for planning a fun-filled day of learning and enjoyment.

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EMPLOYEE ASSISTANCE

by Sgt Harry Reddan, CO, Employee Assistance
Understanding ourselves.

"COMMUNICATION"

Communication can be defined as the exchange of information, thoughts, messages, or feelings. Communication can be seen as something that is multi-faceted. The different types of communication can be yelling and screaming, being able to listen, or being able to repeat what the other person is saying, so that you can understand their point of view. Communication can fail when we become accusatory in our tones like when we get angry, when we use the pronoun "you" did such and such, or you are trying to hurt or be vindictive to the person you are trying to communicate with. This will only cause the person you are trying to communicate with – to put up walls and not listen to what you are saying. We tend to be defensive, which probably would mean that the person listening to you will also get angry and vindictive to protect themselves.

There is a difference between communicating correctly and misinterpreting what someone is trying to say. Oftentimes people have a difficult time communicating with others, whether it is within families, other relationships, or in the workplace. If you can learn to communicate properly in life, most problems would disappear – individually, in the community, and even globally. Good communication on any level would start with you not only understanding your own point of view, but also understanding the person you are communicating with. It is almost like a public speaker who needs to know his audience before he can talk to them. An example is when you are communicating with somebody that you focus on what the person is really saying without interrupting or trying to shut the person down. If you are trying to shut the person down, you are trying to be a dictator and demand that the other person has to agree with you.

The best time to communicate what you are really feeling is when you are not angry or upset. It is best to take some time to think about what you are feeling and don't be afraid to express how you are feeling or what point you are trying to get across. If the person you are talking to starts to get angry, then you could either try to communicate to the person to please listen. If they continue to get angry, then you should walk away, as the person is not ready to listen to what you have to say. It is also wise to try to keep your voice normal without yelling. If you start yelling, then the other person will just compete with you, and try to be louder, which will lead to an out of control argument. If you are doing it correctly, then you both will understand what the other is trying to communicate. This doesn't mean that you will agree with one another, it just means that you understand one another. If you are having a difficult time and you are frustrated in trying to communicate with relatives, coworkers or any relationships, then you could learn these skills by reading a good book about communication or come into therapy with us. There is no reason why you should bring yourself to a point of frustration when you are trying to express yourself.

IMPORTANT DATES

Religious, secular and patriotic holidays; Remembering our own fallen.

Click on the event to learn more.

"JULY-AUGUST 2009"

JULY

July 2: [Remembering Lt. Adam Yulch who died in the line of duty in 1950.](#)

July 4: [Independence Day](#)

July 12: [Remembering Ptl. John D. Kennedy who died in the line of duty in 1932.](#)

July 26: [Parents' Day](#)

AUGUST

August 4: [Coast Guard Birthday](#)

August 4: [National Night Out](#)

August 6: [Remembering Ptl. Robert H. Pickwick who died in the line of duty in 1960.](#)

August 14 or 15: [VJ Day](#)

August 15: [Assumption of the Virgin Mary](#)

August 16: [Remembering Ptl. Joseph Sternberg who died in the line of duty in 1954.](#)

August 19: [National Aviation Day](#)

August 22: [Ramadan begins](#)

August 26: [Women's Equality Day](#)

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Lawrence W. Mulvey, Police Commissioner

NCPD ORGANIZATIONS

News and events from our Department organizations. Email newsletter@pdcn.org or call Ext. 7011.

"FRATERNAL ORGANIZATION COMMITTEE"

by Det. Sgt. Carmine E. Soldano, COD; Committee Coordinator



Fraternal Organization Committee: (l-r) Det. John Nedd; Sgt. Kathleen Vedder; Det. Lt. Al Hirsch; Chief Anthony Rocco; Det. Wayne Mathison; PO Pegie King; Det. Lt. Karl Schoepp; and Det. John Espina.

The Fraternal Organization Committee met on Thursday, June 11th, for its last meeting with Chief Rocco as the chairman. The meeting was brief and was basically a summary of the accomplishments the committee has made since its inception in March 2008. The committee presented Chief Rocco with a plaque that represented each of the participating organizations. The fraternal insignia bars from each organization that participated and produced a bar were mounted on the plaque. Again, we wish Chief Rocco a long, happy and healthy retirement.



Committee Coordinator Det. Sgt. Carmine Soldano and Commissioner Lawrence Mulvey present Chief of Department Anthony Rocco with a retirement plaque from the Fraternal Organization Committee.

"THE POLICE HOLY NAME SOCIETY OF NASSAU COUNTY"

by Insp. Neil Delargy, IAU; President of Police Holy Name Society of Nassau County

"My primary intention is to visit the places made holy by the life of Jesus, and, to pray at them for the gift of peace and unity for your families, and all those for whom the Holy Land and the Middle East is home," so said Pope Benedict XVI as he set out on his historic trip to the Middle East this May.

The Police Holy Name Society of Nassau County is endeavoring to, in the words of Pope Benedict, "take our place in a long line of Christian pilgrims", by traveling to the Holy Land and Rome during the second week in November 2009. The HNS is sponsoring a "Pilgrimage to Israel and Italy" that will encompass some of the most significant sites in religious history including holy places in the Roman Catholic faith. We will fly from JFK Airport to Tel Aviv and begin our adventure in Jerusalem. The group will spend four days and nights in Israel, visiting: Jerusalem's Old City; the Western Wall; the Temple Mount; the Dome of



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NCPD ORGANIZATIONS *continued* ←

"THE POLICE HOLY NAME SOCIETY OF NASSAU COUNTY" *continued* ←

the Rock; Bethlehem, the birthplace of Jesus Christ and many other noteworthy places.

The HNS group will continue the Pilgrimage to Rome, spending three days and nights enjoying the "home" of the Roman Catholic Church. Here the trip will take on a more personal itinerary. We will concentrate on the Vatican and are planning to secure a guided tour of some of the more exclusive areas. The group will have guided tours during the day while the nightlife and culinary world of Rome will be free to each participant to choose their own fare. The many restaurants and public dining areas that the city of Rome has to offer are too great to limit the group's choices to preplanned dinners.

The price is affordable and includes occupancy plus a minimal charge for group travel insurance. The airfare, transfers, hotels, bus transportation, local expert guides, daily breakfast and two group dinners in Jerusalem are all covered in our special Pilgrimage price. Finally we are limiting the group to a manageable, single bus occupancy. The final number has not been set but we are working towards securing 40 committed travelers. *If you are considering the trip and need a few questions answered: please email Dan Danzi at ddanzi@pdcn.org or Neil Delargy at ndelargy@pdcn.org.*

Finally, and I mean finally, our membership applications have been mailed and the initial returns have been great. Please, send in your membership application and raffle tickets checks so the organization can remain solvent. We count on your financial support to continue to serve our membership in support of their faith.

"NASSAU COUNTY SHOMRIM SOCIETY"

"Salute To Israel Parade: May 31st, 2009"

by PO Shevy Berkovits, Fourth Precinct

On a postcard-like Sunday morning by Central Park, our own Shomrim Society of Nassau County helped lead the festivities during the Israeli Day Parade along the shopping tourist routes in New York City.

Active and retired members, representing Patrol, the DD, Support and Auxiliary, were invited to march alongside the National Conference of Shomrim Societies in support for the State of Israel.



National Shomrim banner with President Sam Miller (NYPD) and 1st Vice Pres. Scott Bresalier (NCPD)

Greetings of "Shalom" were exchanged with our counterparts from the Port Authority Police, Essex County Sheriffs, New York Police, MTA Police and Suffolk County Police.

It marked the 61st Anniversary of the United Nations proclaiming Israel as an independent Jewish state. The parade also celebrated Tel Aviv on its 100th Anniversary milestone!

The procession took place on Midtown Manhattan's famed Fifth Avenue, from 57th to 79th Streets. It came with the typical parade fanfare of decorated floats, marching bands, flags, protesters, celebrities, dignitaries and parochial schools. The parade has become a rite of passage for students marching behind their school's banner, all happy to see us, as most are from the county.

Politicians, seated and hopefuls, were on hand waving to the crowded spectators. Dignitaries included NYS Governor Paterson, NJ Governor Corzine, NYC Mayor Bloomberg, NC District Attorney Kathleen Rice and Tel Aviv Mayor Ron Huldai, who served as honorary Grand Marshall.

Shomrim Society of Nassau County was founded in 1962 and is a Departmentally recog-

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"NASSAU COUNTY SHOMRIM SOCIETY" *continued* ←

nized Fraternal Organization. The Society frequently participates in community events and charitable affairs. For more information, please visit www.shomrim.org.



(l-r) PO Shevy Berkovits; Sgt. Scott Bresalier; CB Operator Esther Feldman; Lt. Saul Roth; SCPD PO Robin Cohen; NCPD Auxiliary Cpt. Leo Goodman; Shomrim President Det. Lt. Alan Hirsch; and PO Howard Friedberg.

"BLUE KNIGHTS NY X, NASSAU CHAPTER"

by Ret. Det. Bob Shiller, President, Blue Knights NY X, Nassau County



Blue Knights after flagging the gravestones at National Cemetery in Pinelawn on Memorial Day.

The Blue Knights NY X, Nassau County chapter has been active recently. We placed flags on the tombstones of our fallen warriors at the National Cemetery in Pinelawn as well as rode in the Levittown Memorial Day Parade. For the summer months we have rides planned for Montauk Point, Bear Mountain, Greenport as well as rides into NYC. We are also planning overnight rides to Culpeper, Virginia and Maine.

If you like to ride and also enjoy the company of riding with brother law enforcement officers, please, by all means, join us in a ride or two and see what we are all about. We meet every second and fourth Wednesday of the month at the AMVETS Post 88, 692 Broadway, Massapequa starting at 8PM.

Like we say, "It doesn't matter what you ride, as long as your ride." We all don't ride Harleys. Hope to see you at a meeting.

I would like to wish you all a fun and very safe summer.

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"COLUMBIA POLICE ASSOCIATION"

by Det. Sgt. Carmine E. Soldano, COD; President of Columbia Police Association

The Columbia Police Association hosted a dedication ceremony on Thursday, June 11th at 12:00 PM in the assembly hall at Headquarters. On behalf of the presidents and honorary membership chairmen, the Association dedicated a plaque to the Department. The plaque is now mounted on the rear wall of the assembly hall.

In attendance were past presidents, Ret. Sgt. Anthony Bassolino, Ret. PO Joseph Bosco, Ret. Det. Robert Cannataro and Det. Frederick Penna. Past honorary membership chairman and retired Chief Anthony Antonucci was also in attendance. After a brief introduction and history on our association, Ret. Det. Antonio Graziano came up and read the names of all past presidents and honorary membership chairmen. The ceremony concluded with closing remarks from both Commissioner Mulvey and Ret. Chief Rocco. Coffee and homemade brownies were served to those who attended. Again, I would like to thank Commissioner Mulvey and Ret. Chief Rocco for all their support with this endeavor. We look forward to the other fraternal organizations following suit in presenting their own plaques.

On the same date, Commissioner Mulvey and Ret. Chief Rocco drew the 2009 Scholarships. The winners will be notified by mail and the list of winners will be printed in the next issue of "C.O.P. to COP". The list of winners will also be posted on our association website.

Wednesday, July 8th is the date of Ret. Chief Rocco's retirement party. This event will take place from 6:00 PM to 11:00 PM at the Chateau Briand on Old Country Road in Westbury. The committee guarantees a very enjoyable evening. Please contact the Office of Chief of Department at Ext. 7400 for tickets.

Our next meeting will be held on Monday, September 14th, 2009 at Verona Restaurant in Farmingdale. Please join us and, until then, enjoy the rest of your summer.



The 2009 scholarship drawing took place on June 11. (l-r) President Carmine Soldano; Honorary Membership Chairman Ret. Chief Anthony Rocco; Commissioner Mulvey; First Vice President PO John Leonardo; and Treasurer PO Tom Esposito.



President Carmine Soldano gives brief history of Columbia Police Association to attendees.

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NCPD ORGANIZATIONS *continued* ←

"COLUMBIA POLICE ASSOCIATION" *continued* ←



Membership Chairman Ret. Det. Tony Graziano reads off names of past presidents and honorary membership chairmen.



Standing (l-r): Ret. Chief Anthony Antonucci; Ret. Det. Robert Cannataro; Ret. Sgt. Anthony Bassolino; Ret. PO Joseph Bosco and Det. Frederick Penna. Seated (l-r): Commissioner Mulvey; Det. Sgt. Carmine Soldano and Ret. Chief Anthony Rocco.

**"C.O.P. to COP...
and the membership at large"**

**welcomes articles, pictures
and ideas for columns.**

**Call Ext. 7011
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FROM THE BUS (formerly "THORACIC PARK")

by AMT John Baerlein

Emergency Ambulance Bureau

Assigned to NC Fire/Police EMS Academy

To inform and educate members of the NCPD family about basic and advanced life saving procedures.

"DON'T LET YOU AND YOUR FAMILY BECOME A STATISTIC"

by AMT James Gilliland, EAB

It's almost time... almost. The temperature is in the 70's, spring has turned to summer and our "vacations" are over. As the school year closes, we find our children looking for ways to keep themselves busy over the long hot summer. The Memorial Day weekend is behind us and we have opened our backyard pools.

Since we get to use them for only four months a year, we try to get started as early as possible. With this in mind, we owe it to our children to educate them on pool and spa safety to prevent accidents from occurring. This article will take a look at some statistics on backyard pool incidents as well as advise you on many pool safety tips we should know about as parents to prevent what has become the fourth leading cause of death in children under five: drowning.

The statistics on swimming pool and spa accidents are alarming. "According to the U.S. Consumer Product Safety Commission, an estimated 260 children under five years of age drown each year in residential swimming pools and spas. The Commission estimates that another 3,000 children under age five are treated in hospital emergency rooms following submersion accidents each year. Some of these submersion accidents result in permanent brain damage."

"Nationally, drowning is the fourth leading cause of death to children under five. In some states such as California, Florida and Arizona, drowning is the leading cause of accidental death to children under five." (Vincent Iannelli, M.D. About.com: updated April 01, 2007) It is an important issue for us as parents to address before an incident occurs that changes your life forever. Prevention is the key.

The U.S. Consumer Product Safety Commission offers some safety tips for pool owners:

1. Never leave a child unsupervised near a pool and instruct babysitters about the potential hazards to young child and their need for constant supervision.
2. Completely fence the pool in, installing self-closing and self-latching gates with locks thereby restricting access to young children. Effective barriers are necessary preventive measures, but there is no substitute for proper supervision.
3. Keep toys, chairs and tables away from the pool area. Toys could attract children to pool-side areas where tables and chairs could allow children access over established safety measures. Remove above ground pool steps and ladders when not in use.
4. Remove pool covers completely (both solar and winter) and store immediately to assure children don't get entrapped within them.
5. Do not rely on flotation devices as a substitute for supervision, no matter what your children's prior experiences or swim training has been. Your children are not "drown proof" !
6. Learn cardiopulmonary resuscitation. I'd rather have it and never need it than need it and not know how to perform it. All it takes is a phone call and four hours of your time. The difference could be life and death. Aren't your children worth it? Keep other rescue equipment by the pool such as a rescue bar or life ring.
7. Keep a telephone poolside to prevent leaving children unattended as well as to contact the local emergency services should you need help.

Yes, it can happen to you or your family. Hopefully we are prepared enough that it never will become an issue. Pools are a great summertime activity and their safety should be discussed at a family level. Education and prevention are the keys to safety. All members should be fully aware of the possible hazards and their consequences. Don't become complacent. Don't become a statistic. Don't think that it cannot happen to you. Aren't our children worth it?

Have an enjoyable summer and, most of all, be safe out there!



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DEPARTMENT UPDATE

"A NEW LOOK TO THE PROCEDURAL MANUAL"

by PO Susan Western and ADMA Rosemary Mulligan, MAP

The Department Manual has a new look! After approximately 10 years on the Intranet, the Department Manual page has undergone a transformation that will enhance its use by providing convenient and straightforward access to all areas of the manual, including direct links to all types of pertinent information such as websites and PDCN forms.

There were many challenging obstacles along the way. Under the direction of Sgt. Katherine Hults of Management Analysis and Planning (MAP) and with the invaluable expertise of Support Division's Program Analyst II Manoj Mathai, MAP has constructed a new Intranet website. The MAP page has user-friendly interactive tabs that directly take the user to the table of contents, index and other inter-related areas. The interactive index includes a search engine for the entire manual that will produce a separate page guiding the user to every linked reference for the term searched. These enhanced features will further increase the usefulness of the Department Manual and add to the existing print feature of the online manual.

The future goal of the Department is to replace the printed copies of the manual as part of the Police Department's green initiative. Electronically accessing the manual in each command will provide a timely and more cost-efficient method of distributing revised packets. In the interim, MAP will continue to send supplemental packets via email in conjunction with the hard copy distribution.

The link to the MAP homepage is located on the Department Intranet homepage. There are two ways to access the Department Manual:

- 1) by clicking on the MAP button (on the left) and then going to the link for the manual;
- 2) by clicking to a direct link for the Department Manual (on the right).

When going to the MAP homepage, users can click on the Procedures button or the Planning button, where they can find links to Jetform, PDCN forms, Work Charts, and Table of Organization Charts.

MAP is located in the Police Academy and can be reached at Ext. 8464.

THE PULPIT

Thoughts from our Department chaplains. For information or assistance: Ext. 7606.

"The Pulpit" is a forum in which the Department's Chaplains are given the opportunity to address the spiritual concerns of our force and civilian members. As such, the column will often approach the subject from the author's particular religious tradition. The opinions expressed within are not necessarily those of the editorial staff, the Office of the Commissioner of Police or the Department at large.

"TAKE IT SLOW"

by Rabbi Dr. Barry Dov Schwartz, NCPD Chaplain



"Take it slow"! The words astonished me. In an interview with a couple, the bride had just finished discussing her forthcoming wedding ceremony. She concluded with the request "I attended a wedding in Philadelphia last week and it was over so quickly. Take it slow, Rabbi!"

This was the first time, the very first time that a bride or a groom had ever made such a request of me. Usually, it is the opposite. How long does it take? Make it quick! I'll faint if I have to stand still for more than a couple of minutes.

In fact, in religion as in so much of life, good means fast, and better means faster.

Of course, we learn this from the world about us. Everywhere, there is a premium on speed. Autos, trains and planes are evaluated in terms of the periods of time that they can shave off a particular journey and we are willing to risk almost everything for those extra minutes or hours, including serious injury and death.

In our personal lives, we all respond to the circus barker's cry, "Hurry, hurry, hurry! Run, don't walk! Get there first!" But in the process we bypass the present and overlook the beauty and the meaning which every day holds for us.

And this is my message as we are about to greet the summer months. We all need a little respite. Enjoy the world around you, look and listen and feel alive. You deserve it!

NCPD CHAPLAINS

Chaplains are available 24 hours a day.
Call CB at Ext. 7606.

Reverend Joseph J. D'Angelo, RC
Reverend Robert W. Harris, Protestant
Reverend Monsignor Thomas Hartman, RC
Rabbi Abraham Lefkowitz, Jewish
Reverend Allan B. Ramirez, Protestant
Rabbi Barry Dov Schwartz, Jewish

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Contact: newsletter@pcdn.org



Thomas R. Suozzi, County Executive
Lawrence W. Mulvey, Police Commissioner

ON DECK WITH PAL

by Sgt. John Mateer, CO and Sgt. Doug Kenah, DCO; PSA Luann Smith, article coordinator; Police Activity League Unit

Keeping you informed about the projects and people of PALU.

PAL VOLUNTEER RECOGNITION AFFAIR

On Friday, May 1, 2009, the Nassau County PAL hosted a Volunteer Recognition Dinner at the Floral Terrace in Floral Park. Six PAL volunteers were awarded, this year, with over 97 years of combined service to the youth of Nassau County. The annual affair is held to honor the volunteer board members, commissioners, league directors, coaches and team mothers. Once again, everyone enjoyed a great evening. Police Commissioner Mulvey was on hand as well as County Legislator David Denenberg. This year's winners are pictured.



(l-r) Sgt. Doug Kenah, DCO of PAL; Michelle Walke; Wally Brooks; Warren Rauf; Chris Roach; George Bickard; Tom Murchie; Frank DiVittorio, PAL President; Sgt. John Mateer, CO of PAL, and Commissioner Mulvey.



Special Needs presentation to County Lacrosse for their generous donations to the Special Needs Program. (l-r) County Legislator David Denenberg; Sgt. John Mateer; Sgt. Doug Kenah; Eric Strezenec; Frank Nelson; PO Darlene Capobianco; PAL President Frank DiVittorio; Jim Howell; PO George McLaren; and Commissioner Mulvey.

[Click for more 'ON DECK WITH PAL' ➡](#)

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ON DECK WITH PAL *continued* ←



Police Officers from PAL Unit. Back: (l-r) PO George McLaren; PO Cara Trimboli; PO Maureen Roach; PO Darlene Capobianco; CO PAL Sgt. John Mateer; Commissioner Lawrence Mulvey; DCO PAL Sgt. Doug Kenah; PO Gary Biggers; PO Gary Boulanger; PO Ed Serrao and PO Kevin Worth. Front: (l-r) PO Kevin Maffei; PO Jack Volpe; and PO James Graham.



(l-r) Commissioner Mulvey; Sgt. Doug Kenah; PSA Jackie Colasonno; Bookkeeper Betty Ginobbi; PSA Luann Smith; and Sgt. John Mateer.

PAL LACROSSE LEAGUE

The Nassau County PAL Lacrosse League, nine thousand members strong, hosted its annual Lacrosse Jamboree on Saturday June 13th and Sunday June 14th at Farmingdale State College. The girls played on Saturday and the boys played on Sunday. Our Lacrosse program's Executive Board and PO George McLaren do an amazing job putting this entire league together as well as organizing and running the two-day jamboree. This league runs as well as it does because of the volunteers behind the scenes and we applaud their efforts.

PAL CHAMPIONSHIP TRACK MEET

The PAL Championship track meet was held at the Mitchel Athletic Complex on Saturday June 13th. All participants received medals for the events in which they participated. This year, our track program secured over 800 young men and women from 15 communities across Nassau County. The children have enjoyed the season thus far and have competed at a high level.

ANNUAL VOLUNTEER APPRECIATION PICNIC

On June 20th, the Nassau County PAL's Massapequa Unit will hold its annual volunteer appreciation picnic at the Massapequa PAL Complex on Parkside Boulevard. This year, along with their pristine baseball field, they will showcase the new outdoor basketball court for all to see. They are planning on starting summer basketball leagues as well as hosting day camps at the wonderful facility this summer. Call Massapequa PAL for details @ 516 541-3621. Enjoy your summer, call your local PAL for summer programs in your area.

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A MATTER OF TASTE

by ITS Michael Winslow, Information Technology Unit Certified Commercial Cook Graduate, Culinary Academy, Syosset, NY, specializing in sauces, seafoods and meats
Good food for pleasure to the soul, like nothing else!

"GRILLED VEGETABLES"

Grilling season has officially started!

We have discussed grilling different things such as whole chickens and ducks but, this time around, we are getting to one of my favorite food groups of all - vegetables! To start off, you are going to need one thing to make this "magical" medley of savory and healthy delights - a slotted pan/pot.

When grilling vegetables, many people use a standard pot or pan to cook them in, thus negating that smoky flavor that only veggies can absorb and exhibit.

Grilled Vegetables – 6-8 people

- 1 – green or yellow pepper
- 1 – red pepper
- 1 – medium onion
- ½ cup - chopped garlic (fresh)
- 1 – bunch of asparagus
- 2 – firm tomatoes *
- 1 – yellow zucchini
- 1 – green zucchini
- 1 – small long (purple) or Sicilian eggplant **
- 3 – Portabella mushrooms **
- 1 cup - oil (olive or a good salad oil) may not use it all
- ¼ cup - basil *
- ¼ cup - parsley *
- 6 sprigs - thyme
- Kosher or sea salt TT *



Okay, let's get busy! First, wash all veggies thoroughly and remove any stickers.

Core the peppers by cutting around the stem and pulling it out. Then, slice down the body, cutting it in half and remove any remaining seeds; then cut the rest of the pepper into strips about 1/2 " thick down the length of the pepper. Place them into a turkey pan.

The onion and tomatoes are cut into six slices, by first halving them, then by cutting a 45-degree on the right and a 45-degree angle on the left. The zucchini is cut on a 45-degree bias at ¼" thick. Slice the eggplant (one hour before grilling) on a 45-degree angle at ¼" thick and set aside; also set the Portabellas aside. Place all of the vegetables in the pan. Pull the leaves off the sprigs of thyme and sprinkle over the vegetables. Sprinkle the rest of the dry seasonings, leaving the chopped garlic for last. Pour some of the oil over, just enough so you can get an even mixing of your seasonings. Don the gloves, pour in the garlic and start MIXING! Let sit for a few hours in the fridge, even overnight is fine. Take out at least an hour before grilling and give it one more mixing. Next, take the eggplant and the portabellas and use them to "mop" up the seasonings on the bottom of the tray; grill them separately. As they cook and begin to caramelize (brown/wilt), remove them and put them into another turkey pan near, but not on the fire, to keep them warm. Serve HOT!

Chef notes:

- I use beefsteak tomato. I tend to avoid vine tomatoes as they can add a bitter taste.
- If you can find Sicilian (round pink/purple) eggplants, they are the BEST! Their flesh is like fish and there is no bitter aftertaste.
- Remember, do NOT mix the eggplant or the mushrooms with the other veggies as they will tend to leach/taint the flavors and juices of your medley.
- If you have Italian seasoning, you can use ½ cup of that instead of the basil and parsley. However, still use the thyme.
- The garlic gives a good indication that you have mixed well since if there are patches where there is a lot of garlic, more mixing is needed.

As usual, if you have any comments, questions, or critique's feel free to email mwinslow@pdcn.org.

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CSEA CORNER

by Public Relations Specialist Ryan Mullholland, CSEA Local 830
News and Events relating to Local 830 and its members.

ATTRITION RATE REACHED FOR CSEA/COUNTY AGREEMENT

On June 4, CSEA Local 830 announced that an attrition rate of at least 325 members had been met, fulfilling the criteria as laid out by the Early Separation Incentive portion of the No Layoff/No Furlough agreement between CSEA and Nassau County. That number was certified at 370 and made official on June 11.

Last month, the agreement was ratified by the CSEA membership with 90% voting yes, and was also approved by the Nassau Legislature. The last step to make this deal official is for bonding of the incentive payouts to be voted through by the State Legislature. CSEA expects this to be approved, but with no timetable of exactly when. Once bonding is approved and the deal is official, the members leaving through the Early Separation Incentive will receive incentive pay in the form of \$1,000 for every year of service they have in the New York State Retirement System as well as their termination pay. Incentive pay will come within 60 days of separation, and termination pay will come within 90 days, unless you opt to take it in three payments.

A lag payroll would then begin either the first or second pay period of July for those members who remain. That will last for 10 pay periods, ending prior to the end of 2009.

To receive further updates on this, e-mail rmulholland@csea830.org with your home or personal e-mail address, to be added to the CSEA Local 830 e-mail list.

CSEA LOCAL 830 PRESIDENT WINS RE-ELECTION TO FOUR-YEAR TERM

On June 8, CSEA Nassau Local 830 President Jerry Laricchiuta was re-elected to another four years in office, after receiving 91.3% of the vote from the membership. A total of 3,489 members casted votes with 3,185 voting for Laricchiuta, and 304 voting for challenger, Ernest Jackson.

Laricchiuta led a slate of 18 officers, which includes an executive vice president, 11 vice presidents, secretary, treasurer and three alternate delegates. All 18 elected officers received at least 89% of the vote. The new four-year term begins on July 1, 2009 and runs until July 2013. This will be Laricchiuta's second term as president after defeating the incumbent in June 2005. ♥

DEAR C.O.P. TO COP

Email comments and letters to newsletter@pdcn.org or send a note to the editor, Ann Schockett, PIO

Dear "C.O.P. to COP":

James W. Reed, Deputy Commissioner of Nassau County Office of Consumer Affairs, was one of 15 honorees to receive the Nassau BOCES "Education Partner" award, presented annually to those whose impact on public education in Nassau County can be measured in tangible ways.

"James Reed is a networking powerhouse," said Ronald Ellerbe, a member of the Nassau BOCES Board. "With more than 12,000 e-mail addresses at his fingertips, his talent for communication with hundreds of organizations, from local community groups to the United Nations, is extraordinary. For more than 25 years, Jim has used this talent to help others, both through his role as deputy commissioner and through his work with dozens, if not hundreds, of civic and charitable organizations."

A lieutenant governor of Kiwanis, Reed is responsible for a \$75 million program with UNICEF and a permanent worldwide children's program, "Young Children: Priority One," which addresses the needs of children, pre-natal to age six. Reed assists more than 150 not-for-profit organizations, sits on the boards of several organizations and acts as an advisor to numerous others.

For the past three years, he has opened the doors of his county office to Nassau BOCES Barry Tech students who participate in internships. This year, teenagers studying police science and business services skills were matched with a mentor in Reed's office. ♥



James W. Reed of Oceanside presented with the 2009 "Education Partner" award by Nassau BOCES Board Members Ronald Ellerbe (left) and Michael Weinick (right).

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WHERE ARE THEY NOW?

by Bob Livoti, Retired PO, NCPD

Stories about members retired from the NCPD.

"RETIRED CHIEF GEORGE MAHER"

George Maher retired in February of 1992 as Chief of Operations after spending almost 41 years as a member of the Nassau County Police Department. The Chief left along with a good sized group of members which also included the Commissioner, Deputy Commissioner, Chief of Patrol and a number of Deputy Chiefs, who chose to retire because it made financial sense.

George Maher's wife, Eileen, and he have been married for almost 56 years and have raised two sons. After retiring, George and Eileen started to travel throughout the country, visiting Alaska, four of the Hawaiian Islands and many of the Western States. They also traveled to Ireland to look up their ancestors who lived and died in County Tipperary. Once the long distance travel bug was out of their systems, they settled down to a life of leisure, gardening and visiting relatives and friends, near and far.

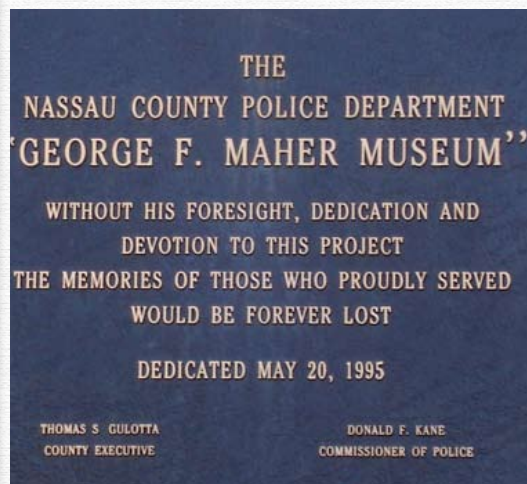
Most of George's favorite hobbies, flying, hunting, fishing and golf, have been curtailed lately due to physical limitations associated with advancing years but other activities have taken their place. George is kept busy as our Department's historian; our Nassau County Police Museum had been dedicated in his name by former County Executive Thomas Gulotta in 1995. George keeps busy researching the history of the Department and producing articles for



Retired Chief Maher and wife, Eileen.

the newsletter of the Association of Retired Police Officers of which he is Vice President. The original CD, "The Story of the Nassau County Police Department", was published by ARPO in the year 2000 and covers the history and photographs of the Department during the period of 1925 to 1999. Now, George would like to update it to cover the last ten years.

When George Maher is not in the Police Museum digging for information and photographs and meeting with other retired members, you can find him maintaining the home he and Eileen have lived in for the past 53 years.



QUOTE OF THE ISSUE

"We must use time wisely and forever realize that the time is always ripe to do right."

Nelson Rolihlahla Mandela

Anti-apartheid activist, former President of South Africa

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TAKE THE SHOT

by Photo Section

Technical information and practical advice on improving your photography.

"LEARN YOUR TENDENCIES (AND FIX THE BAD ONES)"

by Carl Santoro, PS2, Photo Unit

What goes through your mind in the moments as you raise your digital camera up to take the shot and before you press the shutter? You're probably thinking- you just want to capture the moment and then move on.

Even if your images are only going to be used for scrapbooking or those digital picture frames or even Facebook, if a subject is worth shooting, its worth working with it to see what unexpected treasures it yields. If you make a habit of always asking yourself some simple questions first, you can take your images to the next level.

1. THINK-Craft the story you are visually telling.

In essence, you should ask yourself 'why am I taking this shot and what am I trying to convey?' ...a record of a moment, capturing an emotion, will I give it to someone, is it part of a larger series or will it be the only shot to commemorate the moment, etc.

2. LOOK-What is the intended visual focal point and any competing focal points of this shot?



What will viewers of this picture naturally have their eye drawn to in this scene? Once you've identified this focal point you can think about where to place it in the frame so your viewers eyes can be drawn towards it. Now scan your eyes over the shot and see if there are any competing focal points and ask yourself whether they add to or take away from the image? Move about and discover the potential strengths of different angles, heights, etc.

3. SEE-What is in the background and foreground?

One of most common places for distractions in digital photography is the background of your shots. Run your eyes over the space behind your subject to see what else is in the image (do the same for the foreground). Consider whether you want the background in focus or nice and blurry.



More 'TAKE THE SHOT' ➡

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TAKE THE SHOT *continued* ←

Am I close enough?

Another common mistake in digital photography is taking shots where your subject is too small in the frame. Shots that fill the frame with your subject tend to be much more dynamic and show a lot more detail of your subject. To get this effect you have the option of moving yourself closer, moving your subject closer or using a longer focal length to give the effect of closeness.

As a good rule of thumb, when "in-camera cropping" images of people, do not crop at a joint (elbow, knee, wrist). Typically when people are cropped at a joint it makes them look a little odd. When cropping images of people try and do so between joints and use cropping to flatter body types.

What other perspectives could I capture this subject from?

Put 10 digital camera owners in front of a scene and most of them will take exactly the same shot from the same position. Make your images stand out from the crowd by challenging yourself to not only take the standard shots that everyone else will get but to find creative and fresh angles and perspectives.

The variety of perspectives that you can shoot images from is only limited by your imagination. In addition to standing in front of your subject you might like to try:

- lying or crouching in front of it;
- climbing above it;
- putting the camera on the ground.

How would holding the camera in the other format change this shot?

Many photographers get into the habit of always holding their camera the same way (horizontally/landscape or vertically/portrait). While it's OK to have a preference one way or the other it's also worth remembering that changing the format can drastically change the impact of the shot. Don't forget you can also hold your camera at an angle for an effective result, too.



4. SHOOT- Force yourself to create in the environment of your viewfinder

PREtouch, don't **RE**touch.

If you crop your photo before you shoot it you maximize the image quality. If you find yourself consistently cropping the top or left of scenes, then the point is to learn from this to move the subject higher and more leftward than what your "eye" suggests initially thus avoiding the need for "major surgery" on post-processing. Sometimes it can be difficult to imagine the final image and cropping may be necessary later, especially in the case of a "shot from the hip" with a wide angle lens. If you need help deciding...there's a free tool from SNAPFISH called - "AUTOMATIC CROP". Snapfish offers a whole range of tools suited to digital photography beginners and hobbyists. Check out Snapfish Labs here: <http://www.hp.com/ideallab/us/en/snapfish.html>.

What does it do? **AUTO CROP** takes the tedium out of manual cropping by automatically suggesting an improved composition for many of your images. It uses advanced image understanding algorithms coupled with an appreciation of what makes a picture look great.

How do I use it? To run the tool on a photo, simply click on that photo. The original photo will appear on the left, while the cropped photo will appear on the right. If you want to save a copy of the enhanced photo, type in a name in the box labeled 'Name this version', and click the 'Save Copy' button.

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SUPPORTING THE SHIELD

by Loring Miller, President, Nassau County Police Reserves

News of the Nassau County Police Reserves. Phone: 741-4040 Email: NCPRA@aol.com

It seems that in between retirement parties, life must go on! We are all saying farewell to many at various levels whom we have known for years in the Department and, of course, they will be missed. However, let's not forget not only that, as those who have been around a while know, has this happened before but also that the NCPD has come through it stronger each time and there is no shortage of "new talent" being given the opportunity to show their mettle due to those same circumstances. So, on that note and on behalf of Police Reserves, I would like to offer our best wishes to all retiring members and the best of luck and congratulations to those who have recently been promoted at all ranks.

NCPR JUNE AWARDS DINNER: In June, we were privileged to have Det. Lt. Andrew Mulrain of Special Investigations Squad as our guest speaker at our dinner. As he mentioned in the presentation, what SIS does has always been a bit of a mystery to even many Department members. For those in attendance, it is no longer a mystery since he very descriptively and energetically detailed their operations and responsibilities, showing what a tremendously valuable asset that Squad is to public safety.

We also honored the Heroin Task Force as our "TOP COPS" for June. That award was represented and accepted by supervisors and members of the Narcotics/Vice Squad, Electronics Squad and Bureau of Special Operations. They have done an incredible job of helping to curtail some of the heroin trade in and beyond our county. Additionally, two officers from Old Brookville PD and a NYSP trooper were honored for their "Excellence in Policing".



(r-l) Det. Lt. Andrew Mulrain of SIS receiving Certificate of Appreciation from NCPR Pres. Loring Miller.



Recipients of NCPR "Top Cop" awards: BSO, Narcotics/Vice Squad and Electronics Squad.

NOTE THE DATE: On Monday, August 3, Nassau County Police Reserves will be presenting our 36th Annual Scholarship Awards to graduating high school children of active members of the NCPD. This is by far the largest scholarship program made available to NCPD families and we are always extremely proud of the program and of the way the recipients are presented. Once a year, when we make these presentations, we provide an evening filled with excitement and fun for all of the families involved - that means approximately 35 recipients and 100 family members will be in attendance for the dinner! This is always a highlight of the year and really is the culmination of all of our efforts during the year towards supporting and thanking our NCPD police family. Our total outlay in scholarships and other support over the years is now closing in on two million dollars, and nothing could make us prouder other than the actual efforts of the officers of the NCPD who make it all so worthwhile!

As always our "Top Cop" Awards for Excellence in Policing will be presented to NCPD and other law enforcement agencies at the August 3 dinner meeting. Police Reserves extends an invitation to any Department members who would like to join us for dinner and help us honor all of the awardees and their respective families.

8/3/2009 AWARDS DINNER DETAILS: As always, Department members are invited to attend. Call Police Reserves at 516-741-4040 for information.

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Contact: newsletter@pdcn.org



Thomas R. Suozzi, County Executive
Lawrence W. Mulvey, Police Commissioner

FITNESS FOCUS

by Police Academy Physical Training Staff


The staff is available to assist you in setting up an exercise program or in answering any question you might have concerning health and fitness. Call Ext. 3150.

"WALKING YOUR WAY TO GOOD HEALTH"

by PO Michelle Garry, PA



June is a beautiful month to start getting back into an exercise routine. Just think, the nights of summer get longer and warmer, so why not take a walk around the neighborhood with your significant other or bond with a friend? You don't have to hit the gym. Walking is another way to get your cardio going. Walking with a partner helps motivate you both. Just think, if you lose a pound a week, in one year, you will lose about 50 pounds. Enjoy 30 minutes of exercise five days a week and watch your food intake and you will see results!

To begin your walking, aim for a walking speed that's about 75 percent of your maximum effort, meaning you can speak with a little difficulty in your sentences. Depending on your level, that may be a very brisk 4.5 miles per hour (which burns 403 calories an hour). But, and here's the golden rule, try not to let it dip below three miles per hour (211 calories an hour). That's the point at which you will drop below the moderate-intensity exercise zone, the minimum you need to do to get cardio benefits from your workout. Just remember the hardest part is getting started. 

YOUR HEALTH

by Director of Health Systems and Worksite Initiatives


Christina Faber, MS, RD, CDN, American Cancer Society

Vital health topics including but not limited to cancer. For more information, contact Christina.Faber@cancer.org.

"A BACKYARD CHEF'S GUIDE TO HEALTHY GRILLING"

Getting your family and friends together for a barbeque is one of the perks of the season, but backyard chefs should beware: some research suggests that cooking meats at very high temperatures creates chemicals (heterocyclic amines or HAs) that might increase cancer risk.


To limit your exposure, try these healthy barbequing tips:

- Choose lean cuts of meat and trim off any excess fat. Fat dripping onto hot coals causes smoke that contains potential carcinogens. Less fat means less smoke.
- Line the grill with foil and poke small holes in it so the fat can still drip off, but the amount of smoke coming back onto the meat is lower.
- Avoid charring meat or eating parts that are especially burned and black—they have the highest concentration of HA's.
- Add colorful vegetables and fruit to the grill. Many of the chemicals that are created when meat is grilled are not formed during the grilling of vegetables or fruits, so you can enjoy grilled flavor worry-free. Red, yellow, and green peppers, yellow squash; mushrooms; red onions; pineapple—all of these grill well and make healthy additions to your plate.
- For more information about healthy living, and staying safe in the summer sun, call the American Cancer Society, 24 hours a day, seven days a week at 1.800.227.2345 or visit www.cancer.org. 

THE JOKES ON US

by Det. Vincent Garcia, PIO

Email your funny story, riddle or joke to vgarcia@pdcn.org.

A bus carrying five passengers was hit by a car in St. Louis, but by the time police arrived on the scene, fourteen pedestrians had boarded the bus and had begun to complain of whiplash injuries and back pain. 

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WELCOME MAT

Our guest column extended to persons and organizations outside of the Department. Contact the editor-in-chief, Ann Schockett, at Ext. 7011 or email newsletter@pdcn.org.

"HEVN COALITION: Helping End Violence Now: Our Youth Are Our Most Valued Resource"
by Bishop J. Raymond Mackey Sr., Executive Director of HEVN

Our Mission Statement: H.E.V.N. Is A Coalition Of Faith Based Ministries, Law Enforcement Agencies, School Districts/Educational Institutions, Government Officials, Businesses, Community Organizations/Agencies, Individuals And Families.

Our goal: To Preserve The Quality Of Life For All By Preventing The Growth And Reversing The Negative Influence Of Gang And Youth Violence Upon Communities.



In order to effectively address the issue of gang/youth violence there must be collaboration among the entire component of the community. Addressing not only the gang/youth violence but holistically addressing the family / community problems that are present in our communities. The gang/youth violence are the symptoms while the core of this issue traces to the problems / needs of the families of our communities which affect the community as a whole. HEVN seeks to address the social and economic issues affecting the families in order to reverse the negative influences within the community.

In order to accomplish this, HEVN is developing community clusters with a Board of Directors and Community Cluster Partners, representing the components of the community listed above. The Board Members are persons from the community of the cluster as well as the partners. To identify the problems, needs, and present resources available to address the problems and network in solving them by meeting the total needs of the community. HEVN Coalition will assist in establishing the necessary assistance in addressing areas of missing gaps and links in the community in areas where services are not available. Without effective uniting, collaboration, and networking to address the concerns of the community, the greater success will not be realized.

HEVN's Coalition Partners are national, state, local, faith-alliances, government officials, law enforcement agencies, school districts, education departments, corporations / businesses, community-based organizations / agencies and personalities who will provide services in assisting HEVN's mission, vision / plan of action. Our Law Enforcement Coordinator is Dt. John Nedd of the Nassau County Police Department. The Coalition Partners will work directly with HEVN's Executive Board, Executive Director and staff. Each partner will provide HEVN a statement of services / resources they are committed to render to the Coalition.

The components of the Community Clusters and Coalition Partners will not lose their own identity, nor their present resources and or funding. HEVN is a mutual vehicle designed to organize the strongest collaboration, and networking that can exist within a community. Only together, united, can we make the difference for the good of our communities.

Some of our programs include:

- HEVN Community Cluster Member (Roosevelt / Hempstead / Westbury)
- HEVN Families Against Violence
- Hempstead High School Manhood / Womanhood Program
- Roosevelt High School Manhood / Womanhood Program
- Nassau County Jail Manhood / Womanhood Program
- Nassau County Jail 2nd Sunday of the Month Worship Service 9:30 AM
- Nassau County Jail Wednesday HEVN Anger-management / Re-entry into Society Program
- Adopt-A-Pop Program
- HEVN Hempstead Community Awareness Day (1st Saturday of October @ Mirshel Park)
- HEVN Roosevelt Community Awareness Day (3rd Saturday of September @ Centennial Park)
- HEVN Mentorship Program
- HEVN Career Network
- Town Meetings (Gang Awareness / Sex Offender Awareness)
- HEVN Intercessory Prayer Team: Pastor Jessie Edrington: 516.502.5815
- Project Peace Treaty
- Project 100 Terrace Ave. Hempstead, NY
- HEVN HELPERS Project
- HEVN's Project 1000
- Help establish HEVN's Hykiem Coney Basketball League
- Volunteer to help with HEVN Executive Office Projects
- HEVN Prison Ministry

For further information about HEVN, call 516-538-1108 or 1026.

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HEART OF THE MATTER

by Director of Communications Jessica DiMeo
LI Chapter, American Heart Association
Keeping your heart healthy!

"GO RED FOR WOMEN® LAUNCHES 12-WEEK PROGRAM TO IMPROVE HEART HEALTH AND SAVE LIVES: American Heart Association's Go Red BetterU Transforms Total Health Through Free Online Makeover"

Although largely preventable, heart disease remains the No. 1 killer of women in the U.S. That's why the American Heart Association's Go Red For Women® is inviting women across the country to listen to their hearts and turn their personal choices into life-saving action – to choose to be a BetterU! Go Red BetterU is not about fad diets and new exercise trends, but rather a program that focuses on skills and information that help today's busy women lead their own lives, only better.

Actress Jennie Garth will help launch Go Red BetterU, a free, 12-week online makeover. "After watching my father suffer with heart disease for more than 25 years and learning of my own heart condition, I want to be a better me and help other women be better, too," said Jennie Garth, Go Red For Women spokesperson. "Go Red BetterU gives women the power and knowledge to make simple choices everyday that can improve their health and the health of their families."

Fewer than half of American women maintain a healthy weight, keep a heart healthy diet and get regular physical activity. Furthermore, millions of women struggle to get motivated to begin a health regimen, feeling they are too tired or just don't have time. Powered by the American Heart Association's research, Go Red BetterU provides guidance to help women transform their overall health through small, simple choices. Go Red BetterU gives women the choice to achieve a noticeably better state of well-being and heart health in just twelve weeks.


Small Choices Can Go a Long Way

"Research shows the combined effect of small lifestyle choices, such as smoking cessation, increase in exercise and replacing high-fat foods with fruit and vegetables can significantly reduce risk for heart disease and impact longevity," said Jennifer H. Mieres, M.D., Go Red For Women spokeswoman and director of Nuclear Cardiology at New York University.

"Cardiovascular disease kills more than 450,000 women each year -- about one every minute – but it is largely preventable if women choose to act to beat heart disease."

The Support Women Need to Succeed

One in three women has some form of cardiovascular disease. To support and connect the thousands of women committed to making healthier choices every day, Go Red BetterU is available at GoRedForWomen.org. Research shows that women who use online aids and tools are more likely to achieve their health and weight loss goals. To provide that needed support, Go Red BetterU includes the Go Red BetterMe Coaching Tool to keep participants on track. With daily reminders and tips, interactive videos from real women, and links to journals and goals, this online companion helps women to meet their long and short term personal goals. Additionally, the tool is downloadable to computer desktops, blogs, or even iGoogle personalized home pages for easy access.

For more information about Go Red For Women, the Go Red BetterU program or to download the Go Red BetterMe Coaching Tool, please visit GoRedForWomen.org. 



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NASSAU COUNTY: OUR HISTORY

The history of Nassau County neighborhoods that we serve and protect. Excerpts from "Long Island: Our Story". ©2006 Newsday. Reprinted with permission.

"GREAT NECK: A Jewel in a Gold Coast Setting"

by Andrew Smith, Staff Writer



Great Neck was prime real estate for centuries, long before theater stars, captains of industry and well-to-do commuting suburbanites made it the western anchor of the Gold Coast.

The Great Neck peninsula was surrounded by water rich in oysters, crabs, clams and many types of fish, and the land was thick with rabbits, beavers, foxes and other animals useful both for their fur and their meat. The Matinecock Indians alternately called it Menhaden-Ock, which may be translated as "place of fish," or Wallage. When Europeans arrived in the 1640s, the name Menhaden-Ock evolved into Madnan's Neck... By 1670, the name Great Neck (compared to Little Neck just to the west) was in use...

Indians co-existed peacefully although the Rockaway Sachem Tackapousha protested that the Indians were under-compensated for Madnan's Neck and Cow Neck, that is now Port Washington. English settlers appointed a committee in 1684 to settle the issue, although it is unclear whether they satisfied the Indians or merely ignored the issue until smallpox had decimated the native population.

Seventeenth Century settlers initially used Great Neck as a giant cattle pen. With water on three sides, a fence along the southern end kept cows well confined. Soon, families began acquiring land on the peninsula for farming. By 1681, there were enough farmers to form a viable political bloc, sometimes supporting different candidates in elections than the rest of what was then Hempstead Town. Halfhearted moves to secede from Hempstead flared up periodically.

Gristmills were built, furthering development. The Saddle Rock Grist Mill, dates to 1702. Saw mills and clothing mills also operated on the peninsula.

Great Neck and Cow Neck were two of the colonies' most fervently anti-British communities. Indeed, In early 1776 they formed an association and wrote a loyalty oath - the first in America - that any newcomer had to swear to. Like the rest of Long Island, Great Neck suffered during the long British occupation.

After the war, Great Neck became part of the new Town of North Hempstead and the focus returned to agriculture. The boat landing at the Grist Mill saw a steady stream of produce headed for the city, and an equally steady stream in return of manufactured goods businesses such as blacksmiths and carriage makers set up shop.

The landing soon saw steamboat service, which became popular with commuting tycoons after wealthy industrialists started buying up farms for estates in the 1870s. William R. Grace, a wealthy trader who served as mayor of New York in the 1880s, built a 200-acre estate and some of the area's shopping districts. He named one of them Thomaston, after the town in Maine where his wife was born.

Grace was also somewhat responsible for the start of what became Great Neck's substantial Jewish population. He brought his tailor, Avram Wolf, to Great Neck to live. One of Wolf's sons, I.G., became a major real estate salesman in Great Neck, later making Jews feel welcome.

As the 20th Century dawned, other well-known estate owners included oil tycoon Harry Sinclair and hotel executive Ellsworth Statler. The chairmen of two auto giants, General Motors and Chrysler Motors lived in mansions in Kings Point. William K. Vanderbilt II, who had an estate in nearby Lake Success, was a proud member of the Vigilant Fire Co., often pitching in to fight fires.

The glamour of Great Neck attracted many Broadway actors, musicians, artists and film stars of the day. The result was a society scene famously immortalized by F. Scott Fitzgerald in "The Great Gatsby," which he wrote in Great Neck Estates.

The rich and less rich alike were protective of Great Neck's quiet character. They were leery of what they perceived as weak North Hempstead town zoning and building laws, so a succession of villages was incorporated across the peninsula. Great Neck Estates and Saddle Rock were first, in 1911. Kensington, in 1917. Kings Point and Great Neck, in 1922. Lake Success in 1927, Great Neck Plaza in 1930 and Thomaston in 1931. Russell Gardens was the last in 1931.

The Depression brought much of the high times to an end. Many estates were subdivided. Apartments and commercial development, particularly on Middle Neck Road in Great Neck Plaza, led to traffic problems. That led to the village becoming the first on Long Island to install parking meters, in 1946. The density and ethnic diversity that has characterized much of Great Neck since the early 1960s has given the area a more lively, more cosmopolitan aspect than much of the rest of Long Island.